

Honey & Nut Muffins

Nutrition Information on back.



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- Vegetable cooking spray
1 cup all-purpose flour
1/8 tsp. salt
1/2 tsp. nutmeg, freshly grated
1 cup low fat buttermilk
3 Tbsp. honey
2/3 cup brown sugar
4 Tbsp. canola oil
2 large egg
1/4 cup golden raisins
1/2 cup toasted walnuts, coarsely chopped
2 Tbsp. sunflower seeds, shelled and divided
3 Tbsp. ground flax seeds
1/4 cup oats
- 1 cup whole-wheat flour
1 1/2 tsp. baking soda
1 tsp. ground cinnamon

Fold or cut here to fit in recipe box.



Place rack in center of oven and preheat to 375 degrees. Spray a 12-mold muffin pan with cooking spray. Combine white and wheat flours, baking soda, salt, cinnamon and nutmeg into large bowl and stir well. Using separate bowl, combine buttermilk, honey, sugar, oil and eggs and whisk well. Add the flour mixture, stirring until just combined. In separate bowl, mix raisins, walnuts, half of sunflower seeds, ground flax seeds and oats. Fold mixture into batter until combined. Spoon batter evenly into muffin cups. Sprinkle remaining sunflower seeds on top of muffins. Bake for 18 - 20 minutes or until tops are golden. Transfer pan to rack to cool for 5 minutes before removing muffins and placing them on a wire rack to further cool. Makes 12 servings.

Nutritional information per serving

260 calories, 11 g total fat (1 g saturated fat), 38 g carbohydrate, 6 g protein, 3 g dietary fiber, 165 mg sodium.